



Oak Hill's Healthy Relationship and Sexuality Education Workbooks for Adults with Developmental Disabilities

Men & Women: The Awesome Facts of Life

This workbook presents accurate information on human reproduction from puberty through conception and childbirth. It includes a wealth of practice activities to assess understanding of anatomy and to promote critical thinking about healthy relationships. Simple anatomical illustrations enhance learning.

Recommended for individual instruction or gender-specific groups.

Cost: \$15 (*discounted price in anticipation of rollout of updated/digital materials in spring*)

Take 3 Steps to Women's Health

This workbook provides essential health information and takes the mystery out of routine breast and pelvic health screenings.

CURRENTLY OUT OF PRINT (*anticipated rollout of updated/digital materials in spring*)

Take 3 Steps to Men's Health

This workbook provides essential health information and increases comfort with routine testicular and prostate health exams.

Recommended for individual instruction or gender-specific groups.

Cost: \$15 (*discounted price in anticipation of rollout of updated/digital materials in spring*)

Say No! To Sex Abuse and Sexual Mistakes

An essential component of any sexuality program for adults with developmental disabilities, this workbook teaches individuals to recognize sexual abuse and to identify their own steps to safety. This workbook also offers vital information that everyone needs about sexual mistakes and sexual acts that are against the law.

May be facilitated with individuals or groups.

Cost: \$15 (*discounted price in anticipation of rollout of updated/digital materials in spring*)

Ten Tips for Healthy Relationships

An opportunity to discuss friendship, attractions and dating while also receiving important messages on managing sexual feelings and building a personal safety net.

Promotes decision-making about safe relationships using simple language, full-color pictures, and a variety of concrete scenarios and activities.

Recommended for individuals or coed groups.

Cost: \$15 (*discounted price in anticipation of rollout of updated/digital materials in spring*)

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All About Attraction and Safe Dating

A fun way to promote discussion and judgment about positive dating relationships.

This workbook tackles challenging topics, such as safe decisions about sexual touching, with clarity and sensitivity, helping people think more critically about the sexual messages they give and receive.

Recommended for coed groups.

Cost: \$15 (*discounted price in anticipation of rollout of updated/digital materials in spring*)

I Can Protect Myself

This workbook teaches the difficult topics of protection from pregnancy and sexually transmitted infections to adults with developmental disabilities.

The information in this workbook is presented with sensitivity and reinforces the important concepts of healthy relationships: consent, commitment, trust, respect and responsibility. Promotes critical thinking and safe decision-making.

Recommended for individual instruction or gender-specific groups.

Cost: \$15 (*discounted price in anticipation of rollout of updated/digital materials in spring*)